

CHAPTER 4

NUTRI-SPEC METABOLIC IMBALANCE ANALYSIS

Analysis Instructions and Supplement Selection

- There are 3 Analyses --- Unified Acid/Alkaline Analysis, Electrolyte/Water Analysis, and Sympathetic/Parasympathetic Analysis --- that combine for your complete NUTRI-SPEC Metabolic Imbalance Analysis.
- Do all three Analyses and integrate the findings into one set of recommendations. When you integrate the three Analyses you will find some redundancies, and some instances where supplements contradict each other. Always consider each supplement one time only --- in other words, give the minimum starting recommendation.
- You may do the Unified Acid/Alkaline Analysis and/or the Sympathetic/Parasympathetic Analysis as stand-alone procedures, --- or, ideally --- integrate the findings of all three Analyses as part of your comprehensive Metabolic Imbalance Testing. The effective sequence for analyzing your patient's test results is to do the three Analyses in order --- Unified Acid/Alkaline Analysis, followed by Electrolyte/Water Analysis, and then Sympathetic/ Parasympathetic Imbalance Analysis.
- The Electrolyte/Water Analysis, unlike the Unified Acid/Alkaline Analysis And the Sympathetic/Parasympathetic Analysis, is never used as a stand alone procedure. Your findings are to be integrated with your findings of either or both your other two analyses.
- [Print out a copy of your Test Results Form to refer to.] The order in which you perform all the tests for NUTRI-SPEC Metabolic Imbalance Analysis is...
 - Urine pH and Multi-Stix, including particularly Specific Gravity •
 - Saliva pH and 2-minute change in SpH •
 - (Adjust the UpH, SpH, and SG as necessary for medications.) •
 - Dermographics and Turgor Testing ▲
 - Pa ●▲
 - Respiratory Rate ●▲
 - P1 ●▲
 - SBP1 and DBP1 ◆
 - P2 ◆
 - SBP2 and DBP2 ◆
 - P3 ◆
 - Breath Hold Time •

[See Chapter 5, “NUTRI-SPEC Testing Instructions” for how to do the tests.]

Record your test findings on your [Test Results Form](#), then --- complete your Test Results Form by subtracting (2-min SpH – SpH), (Pa – P1), (P2 – P1), (P3 – P2), (SBP2 – SBP1), (DBP2 – DBP1), as well as calculating the HYDRATION = (AUpH + ASpH – ASG).

If you are doing the Sympathetic/Parasympathetic Imbalance Analysis as a stand-alone procedure --- or --- if you are doing the Unified Acid/Alkaline Imbalance Analysis as a stand-alone procedure --- or --- if you are integrating the findings of those two imbalances --- then --- you will fill in only the appropriate tests on the Test Results Form.

- Go to each of your Analysis Tables in turn (--- Unified Acid/Alkaline, Electrolyte/Water, then Sympathetic/Parasympathetic) to find the Supplements you will consider recommending.
- Of course, all your patients are also on Activator and the most appropriate Immuno-Synbiotic.
- IRON CLAD RULE THAT MUST NEVER BE IGNORED: If the supplement selections do not include either Oxy Tonic or Oxy D+, then your patient must immediately begin the BALANCING PROCEDURE to determine the ideal proportions of your Metabolic Sparks --- Oxy Tonic, Electro Tonic, and/or Oxy D+. The BALANCING PROCEDURE is the only way to completely individualize every patient’s Metabolic Therapy.
- Remember, the Stage of Life INFLAM-AGING Defense Diphasic Nutrition Plan (SOLID DNP) is the foundation of your LIVE STRONGER LONGER Metabolic Therapy. Ultimately you will give all your patients their age- and health-appropriate SOLID DNP. Here are the four approaches you will initiate as you plan all your patients’ life-long, individualized Nutri-Spec regimen ...
 - Use your SOLID DNP (including the BALANCING PROCEDURE) as your initial NUTRI-SPEC Metabolic Therapy. The SOLID DNP will have a powerful effect at achieving a high degree of Metabolic Balance, while at the same time improving the patient’s Vital Reserves. During this initial phase of Metabolic Therapy, you can be working the patient off counter-productive medications, while at the same time getting the patient started on Eat Well – Be Well. ----- Or ...

- Implement the SOLID DNP after you have gone through a period of 3-10 weeks of Metabolic Balancing. As you make the transition from the Metabolic Imbalance supplement regimen into the “Live Stronger Longer” SOLID DNP you must do (or re-do) the BALANCING PROCEDURE (even if you did it weeks earlier as part of instituting your Metabolic Balancing). ----- A third option ...
- Use the SOLID DNP as a stand-alone procedure --- and never need any Metabolic Testing at all. ----- You may also choose to piece together a SOLID DNP blended with aspects of Metabolic Imbalance Testing ...
- Use the SOLID DNP either before or after using the Sympathetic/Parasympathetic Support System Analysis as a stand-alone procedure --- or --- after using the Unified Acid/Alkaline Analysis as a stand-alone procedure --- or --- before or after integrating Unified Tissue Acid/Alkaline and Sympathetic/Parasympathetic Analyses.